



March 2015

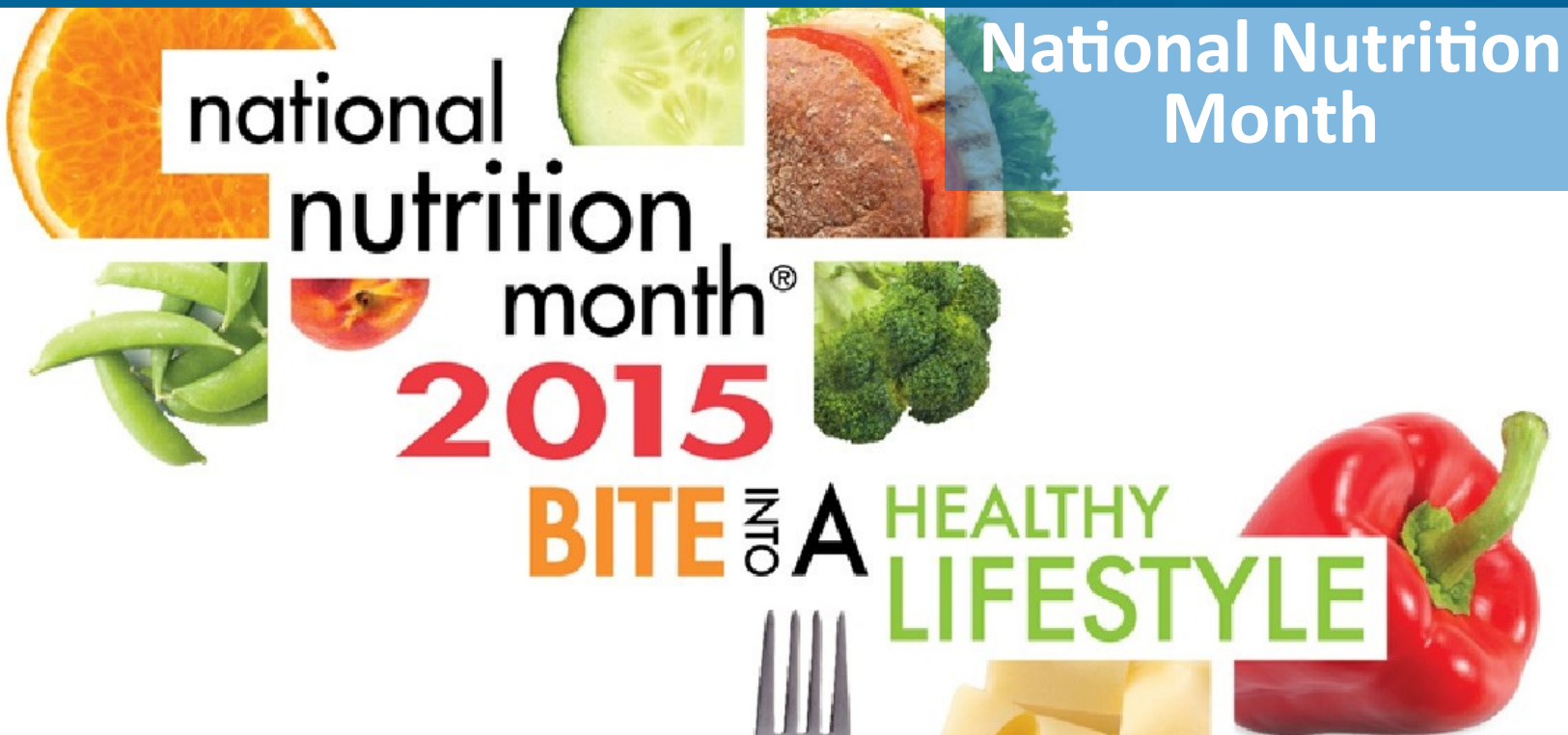
BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

HEALTH PROMOTION



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U.S. NAVAL HOSPITAL YOKOSUKA

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HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotions
HP@med.navy.mil

Tobacco Cessation and Prevention Classes Available!

These classes consist of facilitator led sessions discussing nicotine addiction and how tobacco users can direct their own path to quit and stay quit. Health Promotion has new Tobacco Cessation class options. We are located at the Fleet Rec Center, Rm 323.

Contact Health Promotion to schedule your spot in a class today!
Call or email us at 243-9776 / 046-816-9776 HP@med.navy.mil

Course Information

There are 2 options, Option 1 is 4 class sessions over 2 weeks or Fast-Trak Accelerated classes have 2 classes in one week.

Session 1: Understand why you use tobacco products and how they affect you and those around you.

Session 2: Mastering the first few days of quitting.

Session 3: Mastering OBSTACLES of quitting.

Session 4: Enjoy staying quit!

Understanding Session 1	First Days Session 2	Obstacles Session 3	Tobacco Free! Session 4
1st Tuesdays 0700-0800	1st Thursdays 0700-0800	2nd Tuesdays 0700-0800	2nd Thursdays 0700-0800
1st Tuesdays 1300-1400	1st Thursdays 1300-1400	2nd Tuesdays 1300-1400	2nd Thursdays 1300-1400
1st Tuesdays 1700-1800	1st Thursdays 1700-1800	2nd Tuesdays 1700-1800	2nd Thursdays 1700-1800
Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830





National Nutrition Month

Bite Into A Healthy Lifestyle

By: ENS Moffitt, RDN

March is National Nutrition Month and what better way to celebrate this year's theme than by taking a "Bite Into a Healthy Lifestyle." The theme encourages consumers to adopt a healthy lifestyle by consuming less calories, making informed food choices, and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk for chronic diseases, and promote overall health. It's making small steps toward a healthy lifestyle. This way of life is a lifelong commitment that does not focus on a particular food, meal, or physical activity. Instead, it promotes lifestyle balance, which provides the body with what it needs, but at the same time leaves room for the foods and activities that are enjoyable. The challenging but fun part is finding what works for you. Everyone is an individual with unique tastes, likes, and dislikes when it comes to food and physical fitness. Being adventurous and building awareness of what you find enjoyable may help you stay committed to your healthy lifestyle.

The Academy of Nutrition has a variety of tips and guidance that focus on nutrition, health, and fitness. Here are some healthy lifestyle tips that they recommend:

When at Work:

1. Desktop dining options: keep single serve packages of crackers, fruit, peanut butter, low sodium soup, turkey jerky, or tuna pouches in your desk as healthier alternatives to the vending machine or snack shop.
2. On the go options: granola bars, peanut butter and crackers, fresh fruit, trail mix, or single-serve packages of whole grain cereal or crackers.
3. Fridge snack options: carrots and hummus, hard-boiled eggs and fruit, banana and yogurt, almonds and low-fat cheese or whole grain cereal, turkey, spinach, and cheese wrap.

During Exercise:

1. Your body needs fuel to function, so eat a light breakfast or snack before you exercise: low-fat yogurt, graham crackers with peanut butter, a banana or cereal with low-fat milk
2. Drink plenty of water before, during, and after exercise. Sports drinks are more appropriate than water for athletes engaged in moderate- to high-intensity exercise that lasts an hour or longer.

For the Family:

1. Keep things simple. Build a collection of recipes for quick and easy family favorites. Choose ingredients that you can use for more than one meal. For example, cook extra grilled chicken for chicken salad or fajitas the next day.
2. Ask for help. Get the kids involved in making a salad, setting the table or other simple tasks.

Physical activity plays an important role in a healthy lifestyle. Regular physical activity can help manage weight and stress, and strengthen your muscles. Here are some exercise tips for individuals and families:

1. Aim for a goal of 30 minutes for adults and 60 minutes for kids of moderate activity a daily.
2. Watch and follow an exercise video or DVD rather than a movie.
3. Walk around the hallway of your building during your lunch or coffee break.
4. Take the stairs instead of the elevator or escalator.
5. When possible, ride your bike to school or work – or use it to run errands.
6. Encourage children to join a sports team or try a new physical activity.
7. Take a walk after a family meal.
8. Limit TV time and keep the TV out of your child's bedroom.
9. Play an interactive computer game that requires physical activity.
10. Organize your family room for yoga or dancing with your children.



Healthy Recipes

Recipes

By: Academy of Nutrition and Dietetics

Veggie Delight Soba Noodle Stir-fry. Save time by using frozen peppers in place of fresh. This dish allows you to be adventurous with your vegetables. Instead of spinach and zucchini, try edamame, carrots, eggplant, kale, or green beans.

Ingredients:

- 10 ounces buckwheat soba noodles
- 1 teaspoon oil (canola, olive, or safflower)
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 orange or yellow bell pepper chopped
- 1 zucchini, diced
- 1 ½ cups fresh spinach, chopped
- ¼ cup chives (or scallions), diced
- 3 teaspoons soy sauce, low sodium
- 2 teaspoons sesame oil
- 1 tablespoon sesame seeds

Directions:

- Cook soba noodles according to package instructions, drain and set aside.
- Heat medium saucepan over medium-high heat, add canola oil and sauté garlic for 2 to 3 minutes
- Add peppers cook until softened
- Add zucchini and cook another few minutes
- Add spinach and chives, and cook 3 – 4 minutes.
- Add soy sauce, sesame oil, and sesame seeds. Cook together for 2 to 3 minutes more.

Place mixture over soba noodles and toss thoroughly before serving.

Serving size: 1 cup Serves 4: Calories: 370; Total Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; Carbohydrate: 70; Fiber: 7g; Sugar: 6g; Protein: 11g; Sodium: 150mg

Flavorful Macaroni and Cheese. See if your kids notice the secret ingredient.

Ingredients

- 8 ounces whole-grain macaroni noodles, uncooked
- 1 tablespoon trans fat-free butter spread
- 1 tablespoon whole-wheat flour
- 10 ounce bag (2 cups) cubed frozen butternut squash, thawed
- 2 ounces (1/2 cup packaged) reduced-fat cheddar cheese
- salt to taste

Directions:

- Boil noodles according to directions. Drain and reserve 2 cups pasta water.
- In a pot over medium heat, cook butter spread with flour for 1 – 2 minutes. Whisk in 1 cup pasta water.
- Add squash and cook/mash until smooth (Note: Add more pasta water as needed for a smooth cheese-like consistency)
- Add cheese and stir until melted.
- Fold in cooked noodles until combined and season with salt. Serve with a salad or vegetable.

Serving size: 1 cup Serves 4: Calories: 300; Total Fat: 6g; Saturated Fat: 2.5g; Trans Fat: 0g; Cholesterol: 10mg; Sodium: 290mg; Total Carbohydrate: 53g; Dietary Fiber: 6g; Sugars: 2g; Protein: 13g.



Pumpkin Cheesecake Smoothie

Ingredients:

- 1 cup canned pumpkin
- 1 cup low-fat vanilla yogurt
- 1 cup fat-free milk
- ½ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 2 teaspoons sugar
- sprinkle of nutmeg

Directions:

- Combine all the ingredients except the nutmeg in a blender. Blend until smooth.
- Pour into a glass and garnish with a sprinkle of nutmeg.

Calories: 210; Total Fat: 1g; Saturated Fat: 0g; 5mg; Sodium: 150mg; Total Carbohydrate: 41g; Dietary Fiber: 4g; Protein: 12g





March Nutrition Classes at USNH Yokosuka

Nutrition Class Schedule

Contact: Nutrition Clinic to reserve a seat: 241-7128

BHC interested in scheduling a class, please contact Nutrition Clinic.
Thank you.

Basic Nutrition Class

- Time: 0900 - 1000
- When: March 2
DCO Link: <https://connect.dco.dod.mil/r3eb9qbc3j2/>
- March 9
DCO Link: <https://connect.dco.dod.mil/r5pyumvl37s/>
- March 30
DCO Link: <https://connect.dco.dod.mil/r30hldmsk57/>
- Where: Staff Education & Training Room 105

Cardiac Nutrition Class

- Time: 1100 - 1200
- When: March 3
DCO Link: <https://connect.dco.dod.mil/r8zapxqkguw/>
- March 10
DCO Link: <https://connect.dco.dod.mil/r38n3fiv2gx/>
- March 31
DCO Link: <https://connect.dco.dod.mil/r1f2blu4lie/>
- Where: Staff Education & Training Room 105

Diabetes Nutrition Class

- Time: 1300 - 1400
- When: March 4
DCO Link: <https://connect.dco.dod.mil/r7be4e0eu71/>
- March 13
DCO Link: <https://connect.dco.dod.mil/r88pnerruvh/>
- March 27
DCO Link: <https://connect.dco.dod.mil/r1zmgfto11g/>
- Where: Staff Education & Training Room 105

Prenatal Nutrition Class

- Time: 1000 - 1100
- When: March 13
- Where: Command Auditorium
- DCO Link:
<https://connect.dco.dod.mil/r6mxm8pbq10/>



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March 2015 National Nutrition Month

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1) 0700-0800, 1300-1400, 1700-1800	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 2) 0700-0800, 1300-1400, 1700-1800		
8	9	10	11	12	13	14
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3) 0700-0800, 1300-1400, 1700-1800	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 4) 0700-0800, 1300-1400, 1700-1800		
15	16	17	18	19	20	21
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1&2 Fast Track) 1700-1830	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3&4 Fast Track) 1700-1830		
22	23	24	25	26	27	28
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000		
29	30	31				
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000				

HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment! ***BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN***

USNH HEALTH PROMOTION
Fleet Rec Center, Rm 323
243-9776 / 046-816-9776 /
HP@med.navy.mil

TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!